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## Role of Meditation in Mind Illness - A Conceptual Study

Dr. Anil Kumar Rai

Professor & HOD, Department of Manovijnana evam Manasaroga, Alvas Ayurveda Medical College, Moodbidri, Karnataka, INDIA.

### ABSTRACT

Meditation is a mind-body practice in complementary and alternative medicine. The words become more widely used now days. The term meditation refers to a group of techniques, such as mantra meditation, Zen Buddhist meditation. Most meditative techniques started in Eastern religious or spiritual traditions. The practice of meditation originated in the ancient *Vedic* times of India. According to *Vedic* science, meditation is to connect oneself to one's deep inner self. This article describes the types and process of meditation and aims to shed light on deeper understanding of underlying beneficial effects associated with meditation in mind illness.

**Key words:** Meditation, Ayurveda.

### INTRODUCTION

Meditation is a mind-body practice in complementary and alternative medicine. The words become more widely used now days. The term meditation refers to a group of techniques, such as mantra meditation, Zen Buddhist meditation.<sup>[1]</sup> Most meditative techniques started in eastern religious or spiritual traditions.<sup>[2]</sup> The practice of meditation originated in the ancient *Vedic* times of India. According to *Vedic* science, meditation is to connect oneself to one's deep inner self. Although the practice has ties to many different religious teaching; meditation is less about faith and more about altering consciousness, finding awareness, and achieving peace. Meditation is

a unbroken flow of thought toward the object of concentration.<sup>[3]</sup>

#### Why Meditation is important in todays world

Now a day's people run behind the time for fulfilling their dreams and goals, forgetting their own body and oneself. They moves through their various up's and down in their life which in turn hits the stress to the peak, and sometimes totally put them down and make them to think low and make them depress. The simple practice of meditation has abundance of health benefits that can alleviate the stress of modern living and bring some balance back to your life. It creates a sense of calm and inner harmony.

#### Types of Meditation

There are six popular types of meditation practice<sup>[4]</sup>

- Mindfulness meditation
- Spiritual meditation
- Focused meditation
- Movement meditation
- Mantra meditation
- Transcendental meditation

Not all meditation styles are right for everyone; these practices require different skills and mindsets.

#### Address for correspondence:

Dr. Anil Kumar Rai

Professor & HOD, Department of Manovijnana evam Manasaroga, Alvas Ayurveda Medical College, Moodbidri, Karnataka, INDIA.

E-mail: ayu.anilrai@gmail.com

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Mindfulness and transcendental meditation are most common forms of meditation.

**Mindfulness meditation** - is an essential component of Buddhism, where meditator is taught to bring attention to the sensation of the flow of the breath in and out of the body, meditator learns to focus attention on what is being experienced without reacting to or judging it.

**Transcendental meditation** - derived from Hindu traditions, it uses mantra to prevent distracting thoughts from entering the mind. Goal of this is to achieve a state of relaxed awareness.

### Concepts in Ayurveda

The practice of meditation originated in the ancient *Vedic* times of India. According to *Vedic* science, meditation is to connect oneself to one's deep inner self.

*Chikitsa* of Ayurveda has been broadly classified into three main categories;<sup>[5]</sup>

1. *Dhayva Vyapashraya*
2. *Yukthi Vyapashraya*
3. *Sathwawajaya*

Ayurveda classics have mentioned about *Medhya* drugs separately; *Mandukaparni Swarasa*, *Bhramhi*, *Shankapushpi* etc. as *Medhya Rasayanas*,<sup>[6]</sup> And have mentioned many other formulations for *Manovikaras*. *Satvavajaya Chikitsa* is a special treatment of Ayurveda mentioned for *Manasaroga* which aims at restraining the mind from unwholesome objects and cure of psychological ailments.<sup>[7]</sup> *Dhyana* is one among them which helps to control the unstable mind to attain stability and health, according to *Pathanjali Yogasutra* - *Dhyana* is uninterrupted stream of content of consciousness. It is the seventh limb of yoga.<sup>[8]</sup>

Word *Dhyana* comes from the Sanskrit word *Dhyai*, which means "to think of". It involves concentration and meditation on a point of focus with the intention of knowledge the truth about it. The deeper concentration of mind is the instrument of self-knowledge where one can separate illusions from

reality, and eventually reach the ultimate goal of yoga: Samadhi.<sup>[9]</sup>

### Benefits

People use meditation for various health problems such as;

Controls anxiety, depression, stress, insomnia, promotes physical/emotional symptoms that may be associated with chronic illness such as heart diseases, cancer etc. and there treatment, It enhances self awareness, lengthens attention span, may reduce age-related memory loss. It's also being used for overall health and well-being.

### Procedure

Most type of meditation has four elements

- **A quite location** - few distractions as possible
- **A specific and comfortable posture** - sitting, lying down, standing, walking, or in other postures.
- **A focus of attention** - meditator can focus on some mantras, objects or sensation of breath.
- **An open attitude** - letting down distractions come and go naturally without judging them.

### Side Effects / Risk

Meditation is considered to be safe for healthy people. There have been rare reports that meditation could cause or worsen symptoms in people who have certain psychiatric problems where meditation brings up emotions and memories you may have suppressed in the past and that can lead to a deluge of negative feelings that can be hard to handle.

### Mode of Action

Practising meditation has been shown to some changes in the body. Sometimes meditation might work by affecting the autonomic nervous system. This system regulates many organs and muscles, controlling functions such as heartbeats, sweating, breathing and digestion, it has two major parts:

- **The sympathetic nervous system** - helps mobilize the body for action. When a person is under stress, it produces the "fight-or-flight response":

the heart rate and breathing rate go up and blood vessels narrow (restricting the flow of blood).

- **The parasympathetic nervous system** - causes the heart rate and breathing rate to slow down, the blood vessels to dilate (improving blood flow), and the flow of digestive juices to increase.

It is thought that some types of meditation might work by reducing activity in the sympathetic nervous system and increasing activity in the parasympathetic nervous system.

## CONCLUSION

Meditation, as described in the ancient Vedic texts, is an exercise of consciousness that results in expansion of consciousness beyond the day-to-day experiences of duality. It is an experience that reduces stress and brings increased creativity and efficiency to the functioning of inner faculty. The process of meditation goes beyond the mind to the deepest level of the inner self. It helps in overall health and well-being.

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